SASKATOON metro®

NEWS WORTH SHARING.

FEELING THE LOVE

Rapper Macklemore of the duo Macklemore & Ryan Lewis accepts the best new artist award onstage during the 56th Grammy Awards at Staples Center in Los Angeles on Sunday. The Seattle-based act won a total of four awards, including best rap album for The Heist. More Grammys coverage, page 8.

KEVORK DJANSEZIAN/GETTY IMAGES

McMorris looks to bounce back for Sochi

Regina snowboarder fractures a rib after a hard landing at the X Games, but still comes away with a silver medal PAGE 13

Riding winter's highs and lows

Roller-coaster. Clashing systems of warm and cold air cause weekend warmup, but northerly flow means cold weather is back for southern Saskatchewan

MORGAN MODJESKI
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A weekend that included unseasonably warm weather across southern Saskatchewan may have brought thoughts of spring to the minds of many, but experts warn winter is far from over.

Two clashing air streams in the Earth's upper atmosphere caused temperatures to jump above freezing on Friday and Saturday, but Sunday's colder temperatures served as a snapshot for the upcoming week.

Dan Fulton, a meteorologist with Environment Canada, said although the province will experience a "fairly quiet" weather pattern in the coming days, temperatures are expected to drop, with Monday's predicted high a frigid -25 C.

"For the coming week, the weather pattern has changed so that for Saskatchewan, you're now locked into a more northerly flow," Fulton said Sunday. "So that warm air is not going to have a chance to get too far east."

However, even though warm air from the Pacific Ocean will only reach as far as Alberta, temperatures in Saskatchewan will increase slightly as the week continues.

Highs for both Saskatoon and Regina are expected to hover between -15 C and -19 C with lows dropping to an average of -25 C.

Blowing snow in the southeast corner of the province was also cause for concern on Sunday, as Saskatchewan RCMP closed Highway 39 north of Estevan for an hour due to a collision between a semi-truck and another vehicle.

Const. John White with RCMP traffic services said blowing snow was likely a contributor in the collision.

"There was very limited visibility," White said in a phone interview on Sunday afternoon.

"Today the visibility was so limited you actually couldn't even see the markings on the roadway and it would be tough to tell … if you were actually in your own driving lane or not," he said. "It was probably the worst I've seen for the season."

Environment Canada predicts temperatures for the rest of January won't climb above 0 C and RCMP advises drivers to check local weather forecasts and Saskatchewan's highway hotline before travelling on any of the province's highways.

It couldn't last forever …

-25 C

Monday's predicted high, following above-freezing temperatures on Friday and Saturday

ALL 2013-2014 SNOWBOARDS, SNOWBOARD BOOTS AND SNOWBOARD BINDINGS ARE 40%
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NEWS 1

Upstream picking up steam beyond Saskatchewan borders

Change Makers.
Group's core goal to change the political conversation towards a long-term vision, rather than reactionary, says founding director

JACOB MORGAN
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Working as a physician with underserved populations at the Saskatoon Community Clinic's west-side branch led Ryan Meili to wonder about the policies determining the health of his patients.

Last September he formed Upstream, a non-partisan group addressing social problems at the source. And the movement is gaining traction.

"It seems like every week there are one or two new organizations or leaders in fields related to the work we're doing who want to get in touch," said Meili.

He explained the core goal of the project is to "change the political conversation in Canada towards more of an upstream, long-term vision rather than something really reactive."

One Upstream event, Saskatoon Change Makers, is happening this week on Jan. 31 at the Roxy Theatre in conjunction with the Broadbent Institute progressive think tank.

The panel of community activists features Meili himself, Erica Lee of Idle No More and Max FineDay of the University of Saskatchewan Students' Union. In addition, Mitch Stewart, the Battleground States Director for President Barack Obama's re-election campaign, will give a presentation.

"People who are able to come will hear some really interesting stories and points of view," said Meili.

Another campaign Meili plans to launch in the spring is called Poverty Costs.

Upstream has joined with local associations such as the Saskatoon Anti-Poverty Coalition and the food bank, he said, to show how much it "costs to clean up the mess of poverty rather than what it would cost us to prevent or lift people out of poverty."

"We're wasting money and wasting good lives."

Meili added that Saskatchewan and B.C. are the only provinces without poverty reduction strategies to look at issues including minimum wage and affordable childcare.

While Meili is a member of the New Democratic Party, he said the Upstream approach appeals to those of all political stripes.

"It's just so common sense," he said.

Ryan Meili, the founding director of Upstream, stands outside the Saskatoon Community Clinic's west-side branch, where he works as a physician. JACOB MORGAN/METRO

Ukrainian community finds calm in time of chaos

Sister Theodosia, a spokesperson for The Ukrainian Sisters of St. Joseph of Saskatoon, poses for a photo Thursday night after a prayer service held at their chapel on Avenue M South for those in Saskatoon concerned about the escalating political conflict in Ukraine. MORGAN MODJESKI/METRO

In a time when their home country is experiencing violent, deadly clashes, members of Saskatoon's Ukrainian community are finding solace in prayer and in one another.

Political demonstrations, which started in Ukraine's capital city of Kyiv two months ago, have turned from peaceful protests to violent conflicts between demonstrators and Berkut police forces, leaving at least three protesters dead.

Since the demonstrations started in November 2013, The Ukrainian Sisters of St. Joseph of Saskatoon have been holding a daily prayer service in hopes of offering those watching the conflict from across the globe an outlet for prayer and support.

"They need to be able to get together with one another and share their concerns, their fears (and) their hopes," said spokesperson Sister Theodosia. "One of the best ways to do that is through the support of the church."

Quoted

"They need to be able to get together with one another and share their concerns, their fears (and) their hopes."

Sister Theodosia, from The Ukrainian Sisters of St. Joseph of Saskatoon

She explained while those attending the service know they can pray from home, the act of getting together with individuals experiencing the same concerns is important for them. "It's offering a bit of calming and comfort to them because they are — the majority of us are — very concerned and fearful about what's happening in the country."

At a service last Thursday, approximately 30 people were in attendance and those from Ukraine say the gathering is a moment of calm in a time of chaos.

"I come here because I find peace after the prayer," said Lesya Krushelnytska, who came to Canada from Ukraine seven years ago. "I still do this the same at home, but here it's ... to talk with the people and to hear more news — it's been helping."

Those of Ukrainian ancestry, like Martin Hryniuk, also feel the services have been important.

"The opportunity to pray is critical," he said following Thursday's service. "We can't be on the front line helping, but through prayer, we feel we can help — it's our connection," he said. MORGAN MODJESKI/METRO

Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

"It's a sad day for democracy when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.
WASON WANICHAKORN/THE ASSOCIATED PRESS

Syria peace talks lead to deal for city under siege

The city of Homs. Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."
Syrian Deputy Foreign Minister Faisal al-Mikdad

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

With little progress to show after months of international pressure for the conference in Geneva, the U.N. mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad. More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS

Protester commemorated after dying in Kyiv clashes

Protesters carry a coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A U.N. statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

Somalia

Commander killed by missile

A member of Somali rebel group al-Shabab was killed Sunday by a missile fired by a suspected drone, a rebel commander said, blaming the U.S. for the strike. The attack took place in a village called Hawai, he said. THE ASSOCIATED PRESS

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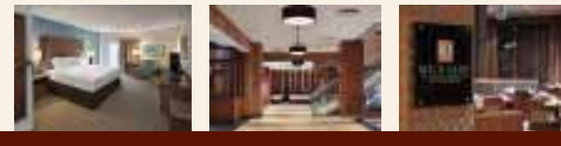

Where the little things mean *Everything.*

‘We will try to find the strength to get through this’

A woman holding a picture of her husband, who died in last week’s seniors’ residence fire, arrives for a commemorative service for the victims on Sunday in L’Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

L’Isle-Verte. Owner of fire-ravaged seniors’ home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors’ residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L’Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

“What you’re living inside, we are living it inside as well,” he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. “We will try to find the strength to get through this.”

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it “a first step toward healing.”

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday’s blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L’Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze “unacceptable” and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

No rush to judgment

“We will wait for the inquiry because now we don’t have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt.” Quebec Premier Pauline Marois, who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

Hundreds rally in Ottawa to ‘save Canada Post’

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister’s Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley’s Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, “Save Canada Post” as they converged at the PMO for the rally.

“This is not just an attack on Canada Post and our customers, this is an attack on our whole country and everybody who lives in this country,” said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

“We need to stop this corporation and stop this government — it’s an attack on everybody.”

The Crown corporation is eyeing $900 million in savings every year by replacing foot delivery with community mail boxes and increasing postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn’t sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

“This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system,” he said. “We’re not going down without a fight.”

Ottawa & District Labour Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect “our elderly, our disabled, our sick, our seniors,” and said Canada Post CEO Deepak Chopra has been “completely ignoring suggestions by others.”

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save urban postal service.

TREVOR GREENWAY/METRO IN OTTAWA

Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of the CUPW, which rallied outside Prime Minister Stephen Harper’s office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with next month’s budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper’s former chief of staff and four senators will keep the government firmly mired in the Senate scandal, as it was for most of last year.

THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which Ottawa and Washington will start sharing their citizens’ travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

Life’s a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges after being arrested last week.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS

Clashes continue

Car bombings and shootings kill many in Iraq

Car bombings and shootings killed 13 people across Iraq on Sunday, authorities said, as militants kidnapped soldiers in an embattled province where al-Qaida-linked fighters hold portions of two major cities.

Kirkuk deputy police chief Maj. Gen. Torhan Abdul-Rahman Youssef said three car bombs exploded Sunday afternoon simultaneously in separate residential neighbourhoods. Youssef said the blasts killed four people and wounded 14. Sunday night, a car bomb went off near a Sunni mosque in Mishahda area, killing three people and wounding 13 others, said police and hospital officials. THE ASSOCIATED PRESS

Israeli-Palestinian conflict

Settlers shouldn't have to move: Netanyahu

Israeli Prime Minister Benjamin Netanyahu believes that all Jewish settlers should have the right to remain in their homes in a future Palestine, an official in his office said Sunday. The approach was immediately rejected by the Palestinians and settlers themselves.

In years of negotiations, it has been assumed that any Jewish settlers not inside Israeli territory under a future peace deal would have to be removed. But Netanyahu believes there is no reason for a future Palestinian state to be "ethnically cleansed," the official said. THE ASSOCIATED PRESS

Maryland

Motive for shooting not yet known: Police

The gunman who shot two people to death at a Maryland mall had no criminal record, police said Sunday, but little else is known about the 19-year-old and whether he knew his victims before he killed them.

Howard County Police Chief William McMahon said investigators are trying to determine whether Darion Marcus Aguilar knew either of the victims, who were both employees of a shop called Zumiez, which sells skateboards, clothing and accessories and is on the mall's upper floor. McMahon offered no motive for the shooting. THE ASSOCIATED PRESS

Teen flies plane after pilot faints

Australia. Pilot was unconscious for 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when the pilot Derek Neville, 61, lost consciousness.

Jenkins said he had taken the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around 45 minutes before the pilot came to.

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of," Jenkins said. "I was pretty scared."

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land.

"He sort of poked me in the right direction and we both brought it down," Jenkins said. They landed safely.

After the landing, Neville was flown to Orange Base Hospital, where he remained on Sunday. His wife, Merle Neville, said he had undergone heart and brain scans, but doctors had yet to diagnose the problem. THE ASSOCIATED PRESS

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19
The teen took the controls of a light plane after the pilot lost consciousness.

Collection of Nazi's never-before-seen papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper said the material is contained in an eight-part series it plans to publish (Search "Insight into the orderly world of a mass murderer" on www.welt.de) Himmler is considered to be one of the Nazis most responsible for the Holocaust. DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS

Sweden. Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the West.

Bildt wrote on his blog Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif. THE ASSOCIATED PRESS

Valerie Trierweiler. Ex-first lady heads to India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life Sunday with a charity visit to India.

The ex-first lady arrived in Mumbai on Sunday night. Trierweiler is on a long-scheduled humanitarian mission in India, which she maintained despite a week-long stay in a hospital last week. THE ASSOCIATED PRESS

Search continues for croc that snatched boy

Rangers resumed hunting Monday for a four-metre crocodile that snatched a 12-year-old boy and mauled his friend as they swam in a water hole in a popular Outback tourist destination in northern Australia.

The missing boy was taken by a saltwater crocodile as he and four other boys swam on Sunday afternoon at Mudginberri billabong in World Heritage-listed Kakadu National Park, southeast of the Northern Territory capital of Darwin, police Sgt. Stephen Constable said.

Moments earlier, his 12-year-old friend was mauled as he fought the crocodile and sustained deep wounds to both arms, he said.

"One boy fought off the crocodile, and then the crocodile turned and took the other boy," Constable told Australian Broadcasting Corp. radio.

The missing boy is from the small Aboriginal settlement of Mudginberri.

Police and park rangers searched with spotlights for the crocodile and boy by land and boat into Sunday night. A fresh team of searchers resumed the hunt after dawn on Monday.

Sign posts throughout Kakadu warn visitors not to swim in waterways because of the crocodile danger.

Crocodile numbers have exploded across Australia's tropical north since the species was protected by federal law in 1971. THE ASSOCIATED PRESS

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HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly, any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage-tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hot spot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Keystone XL pipeline. Money can't buy their land

Ron and Jeanne Crumly, seen on their property in Page, Neb., say they won't allow the Keystone XL pipeline on their land, whatever they're offered. THE CANADIAN PRESS

Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property.

The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon.

Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year.

One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US.

"They're sick of us and they want to get it done," said Jeanne Crumly, a retired high-school teacher whose husband's family has farmed for generations on that land near O'Neill, Neb. "They want it to be intimidating." THE CANADIAN PRESS

Scientists' warning

Getting Alberta's oilsands products to U.S. carries risk

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or are being resolved.
THE CANADIAN PRESS

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin? A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.
THE CANADIAN PRESS

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GET OUT OF BED? OUTLOOK NOT GOOD

URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

I'm trying to think of one good reason why you shouldn't just stay in bed this morning.

A modern-day Shakespeare making a movie about life in Saskatchewan would call it "The Winter of Our Discontent," and to be sure, it's one damn thing after another.

First, let's start with the weather. As I write, the Monday morning forecast is for -42 with the wind chill. And it's Monday morning.

Wind chill means wind, which means blowing snow, which means stay off the highway. That's if you can find it in the white-out.

Then let's talk communicable diseases. Saskatchewan's having the worst flu season since the dreaded outbreak of 2009. Nearly 800 reported cases, not including that guy who sneezed all over you on the bus this morning.

Now we've got measles. Well, maybe we haven't got them yet, but really, how long can it be? Even the coach of the University of Regina women's basketball team is under quarantine. Doesn't matter that he was the coach of the year in 2012. Cuts no ice with the measles.

Then there's your smug relatives on the B.C. coast, who are enjoying such a mild winter the cherry trees and snowdrops are blooming early. If you see that 604 area code on caller ID, don't bother to pick up. I just told you everything you need to know.

I mean, one good reason? OK, the paycheque. OK, it's "sunny." OK, it's a dry cold. OK, you had the measles when you were a kid. These are not good reasons. These are rationalizations. You could just call in sick, and even the most paranoid skeptic employer would believe you.

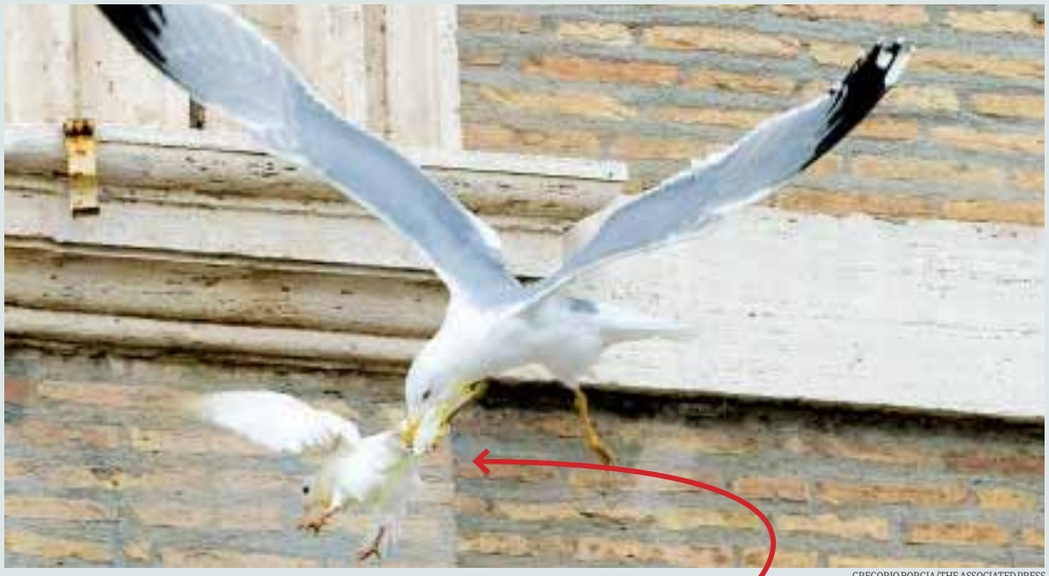
"Hello, boss, I have the flu— and the measles. Not to mention a bad case of SAD (Seasonal Affective Disorder). I should be over it soon. See you in April."

No, if you're going to get out of bed, you need Dr. Sullivan's Sure Cure for Winter:

1. Take an immediate dose of "all-inclusive."
2. Drink only from glasses with little festive colourful umbrellas.
3. If you do drink a hot beverage make sure it has marshmallows floating in it.
4. Dress in layers: Bathing suit. Snorkel. Fins. Drink with little festive colourful umbrella.
5. Practise your Spanish. "Dos cervezas, por favor" takes care of many situations. It's right up there with, "¿Dónde está el baño?" which comes in handy after demasiado cerveza.
6. Listen to music. Preferably mariachi music.
7. Find a place where "sunny" is not a euphemism for "so cold it will freeze exposed skin in under 30 seconds."
8. Buy a cat. Better yet, become a cat lady, get 70 cats and snuggle in.
9. Take up hot yoga. Dressed in layers.
10. Go to your happy place. You know, the one that's not -42, infected with measles, the flu and blowing snow.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove which was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor. One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

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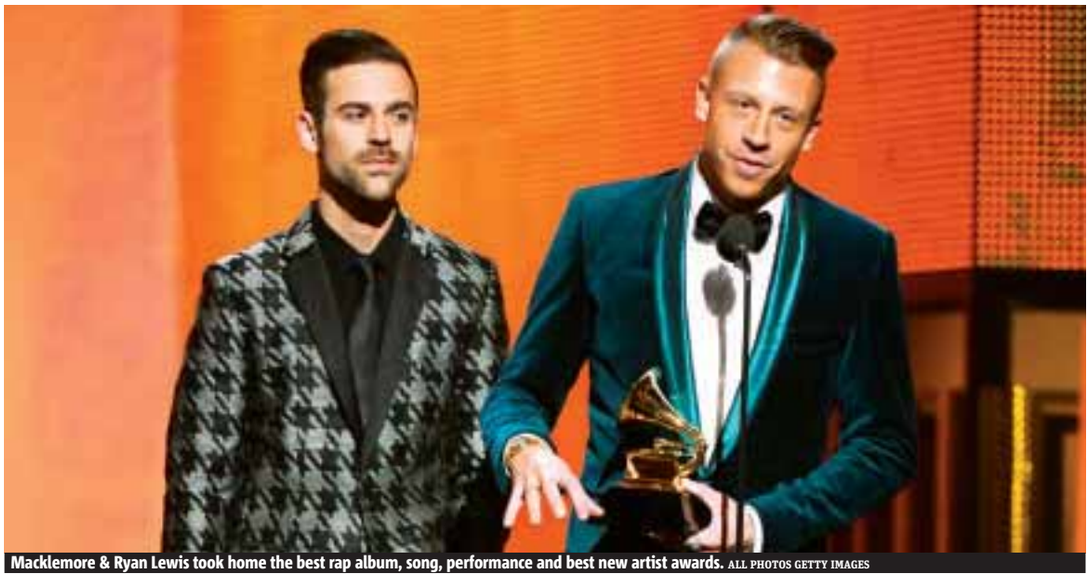
Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis, Daft Punk clean up. Drake is apparently the best they never had as he is shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in five awards at the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

But the pair were edged out by the critically beloved French dance duo Daft Punk, who won five Grammys including best dance/electronica album and album of the year for their influential Random Access Memories. best pop/duo group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines, and record of year for Get Lucky.

Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail. After thanking songwriter The-Dream and Timberlake and "all the typical things," he addressed Beyoncé in the audience.

Music's favourite robot duo Daft Punk accept the best pop duo/group performance award for Get Lucky. They won five awards in total.

"I want to thank God — a little bit for this award, but mostly for that and all the universe for conspiring (and) putting that beautiful light of a young lady in my life," he said before hoisting the Grammy up. "I want to tell (daughter) Blue that, look, daddy got a gold sippy cup for you."

New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for Queenie Eye, with the former seated at a brightly coloured piano at centre stage while Starr gamely slammed away on the drums behind him. The cameras captured Yoko Ono swaying to the music in the crowd.

THE CANADIAN PRESS

Online

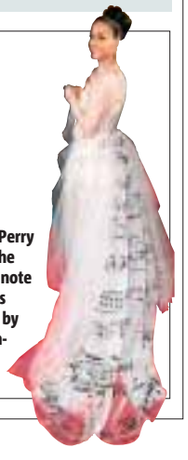
For more coverage and a complete list of winners, visit metronews.ca

Red carpet hotties

Taylor Swift, looking sensational in silver.

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.

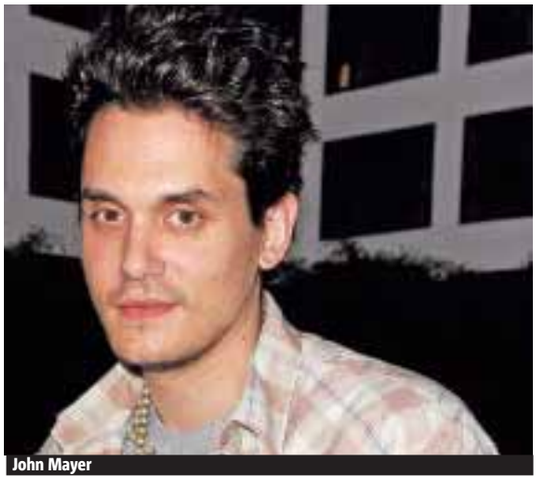


Katy Perry hits the right note in this dress by Valentino.

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Cate Blanchett

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

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Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online start-up that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two
who hides her love of chocolate from her kids by eating it in her bedroom

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the oldest students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six). "

Another surprising finding was how differently boys and girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the Internet safe.

Boys and girls view the Internet very differently, according to one survey. ISTOCK

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

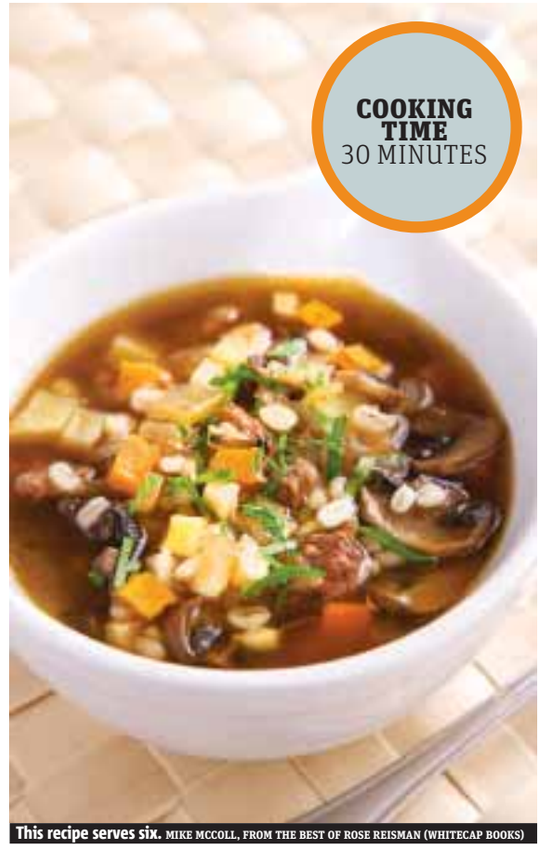
3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your stove to your table in 30 minutes or less

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

The tortilla treatment

This Chicken Tortilla Soup recipe serves six. THE CANADIAN PESS

1. In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

2. Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

3. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

4. Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and garnish with coriander and corn chips. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.

RAISING THE ROOF

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

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metro

'Round the world wisdom

Failing fast to succeed will help you in the long run

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When taking on a new project, consider actively seeking guidance to experiment with new methods, but learn quickly when the ideas don't work for you. When I signed up to run the Gobi six-marathons-in-five-days event, I had neither the know-how nor the expertise needed to successfully prepare. As the discipline of multi-stage running is still in its infancy, there is no set formula for doing so.

Look at failing fast while experimenting as a positive, not a negative. ISTOCK

Understanding my novice status, I chose to experiment. To build stamina, I started to work standing up, at times doing so for eight to 10 hours a day. I stopped taking elevators. I sold my car and I walked, tethered to a pedometer. Being on my feet helped me when I couldn't train. It worked. Like most people, I was too "busy" to stretch and thought I knew how to run. So I jumped right into my new challenge without instruction, running alone, typically after the kids were in bed. Taking such a leap didn't work and brought me to complete failure within three months, culminating in various injuries. Still, it would turn out to be a blessing — by failing fast I was able to change course just in time to take the starting line.

When taking on a project outside of the familiar, experiment quickly and actively look for feedback. Appreciate failing fast as an asset rather than as a setback, as a slow path to failure usually leads to a permanent stoppage, without any opportunity for a reset. **STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Bobsledding

Humphries captures World Cup bobsled title

Canada's Kaillie Humphries edged Elana Meyers of the U.S. by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one bronze medal.

One of the most explosive teams out of the start, the pair set a new women's start record in Konigssee at 5.17 in both runs.

THE ASSOCIATED PRESS

Mark McMorris of Regina soars to second place in the men's snowboard slopestyle at Winter X Games 2014 Aspen in Aspen, Colorado. DOUG PENSINGER/GETTY IMAGES

Local boarder hits speed bump on road to Sochi

Mark McMorris.
Olympic slopestyle favourite suffers injury after impressive X Games performance

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

"I whacked my side and I lost my breath," said McMorris, who was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

"I lost my focus. It's too bad because I really wanted to do stuff here."

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

Two weeks away

"While I'm sore, I'm continuing on my road to Sochi."
Regina's Mark McMorris

"After thorough discussions with my team of doctors and a number of medical specialists, and my physical therapist and coaches, I will continue as planned with travelling to Europe (Sunday) and recovering for the Olympics," he said.

"While I'm sore, I'm continuing on my road to Sochi."

Maxence Parrot of Bromont, Que., reached the top of the podium for the second time in as many days at the X Games, edging McMorris for gold with 96.33 points.

Parrot, who captured his first X Games gold medal Friday night in the big air competition, completed back-to-back triple corks for the first time in a slopestyle competition on his first run.

McMorris finished with 95.66 points on the strength of his second run.

THE CANADIAN PRESS

DeLaet falls short in down-to-the-iron finish

Graham DeLaet of Weyburn reacts after sinking his putt for eagle on the sixth hole of the South Course at Torrey Pines on Sunday in San Diego. DeLaet finished in a tie for second. LENNY IGNELZI/THE ASSOCIATED PRESS

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory when no one could catch him.

It was the third career PGA Tour victory for Stallings, who earned a return trip to the Masters and should move high enough in the world ranking to qualify for the Match Play Championship next month in Arizona.

K.J. Choi had the best score of the week on the South Course with a 66 and was among those who tied for second. The pins were set up in favourable positions for birdies, making the course play the easiest it had been all week.

But that didn't make it easy — not for Gary Woodland, Jordan Spieth, Pat Perez and so many others who squandered a good chance to win.

Jason Day (68) and Graham DeLaet of Weyburn, Sask., (68) each made birdie on the last hole to tie for second. So did Perez, the San Diego native who grew up at Torrey Pines and whose father is the longtime starter on the first tee at the Farmers Insurance Open. Perez missed a 10-foot birdie chance on the 17th. He closed with a 70.

Deep into the tournament, nearly 20 players were separated by only two shots.

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NBA

Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

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NHL

Montoya wins in return to Chicago

Al Montoya made 34 saves, Andrew Ladd scored his 150th goal and the Winnipeg Jets rallied to beat the slumping Chicago Blackhawks 3-1 on Sunday night.

Blake Wheeler had two third-period goals as Winnipeg won for the second straight day and improved to 6-1 under new coach Paul Maurice. They also averted a season sweep by the Blackhawks, who won each of the first three games between the teams.

Montoya was terrific while subbing for Ondrej Pavelec. The Chicago native shut down the Blackhawks after an early gaffe put the Jets into a 1-0 hole.

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Al Montoya celebrates the Jets' win Sunday in Chicago THE ASSOCIATED PRESS

NFL

Manning says he's not ready to ride off into sunset

Peyton Manning might not be ready to call it a career even if he leads the Denver Broncos to a Super Bowl victory over the Seattle Seahawks.

Manning and the AFC champion Broncos arrived in New Jersey on Sunday night for the start of preparations for the big game next week at MetLife Stadium.

The Broncos quarterback, at a news conference aboard the Cornucopia Majesty cruise ship, says he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing. THE ASSOCIATED PRESS

Rangers hit one out of the park

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

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Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

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Aussie Open final a roller coaster

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose, 6-3, 6-2, 3-6, 6-3, but he was loudly booed after taking a medical time-out in the second set. He pushed the match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit.

Nadal apologized to the crowd and to Wawrinka, a friend since they were teens.

"I'm sorry to finish this way," Nadal told the crowd in the 15,000-seat Rod Laver Arena, which erupted in cheers. "This year was one of the most emotional tournaments in my career."

THE ASSOCIATED PRESS

Grand Slam graciousness

"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

Women's final

Li Na made it third time lucky in the Australian Open final, beating Dominika Cibulkova 7-6 (3), 6-0 on Saturday to become the oldest woman to clinch the title here in the Open era.

- Li, who turns 32 next month, lost Australian Open finals to Kim Clijsters in 2011 and to Victoria Azarenka last year.

Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

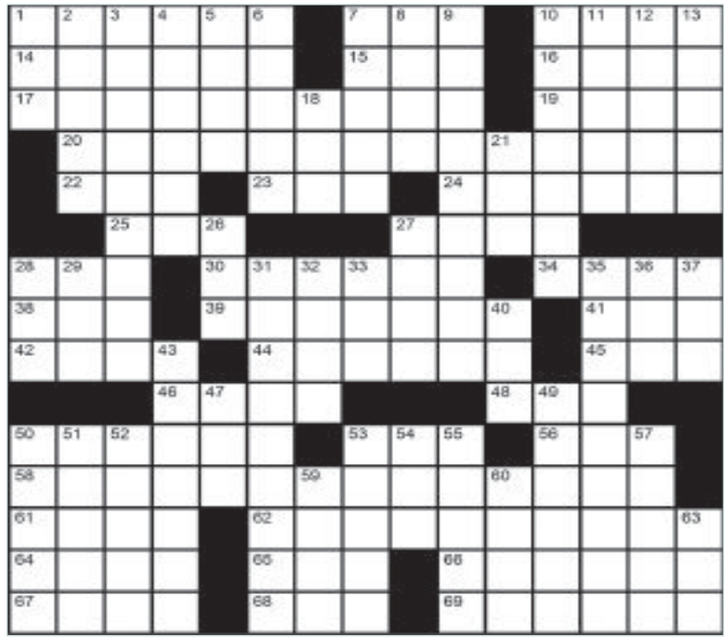
♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

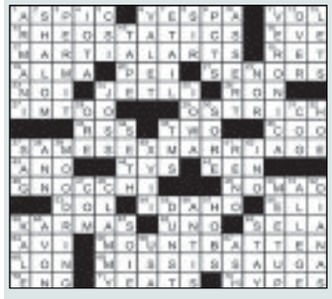
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

Sudoku

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				

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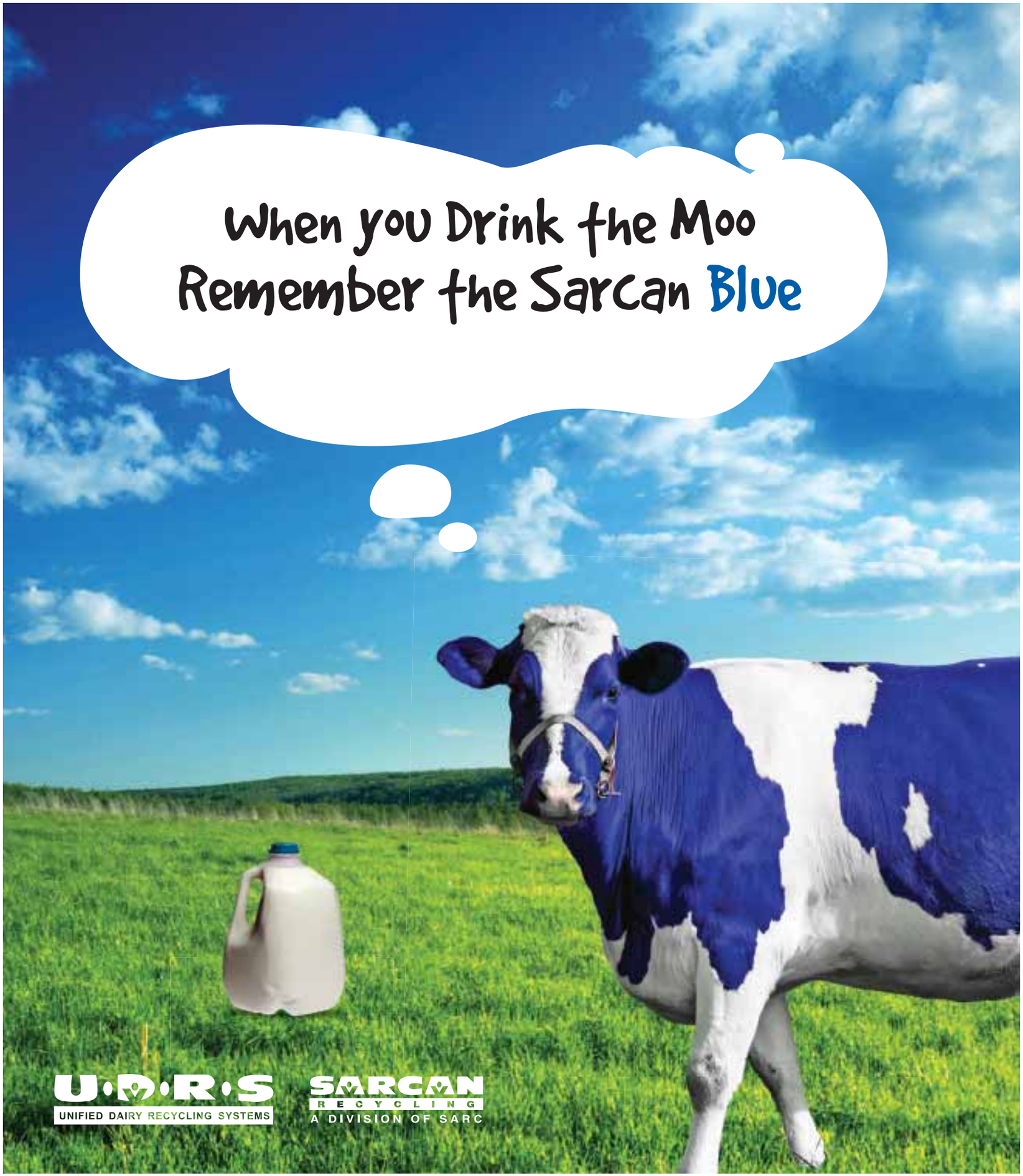
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